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## Growing Healthy Kids Columbus Coalition

       Steering Committee

  X   Full Coalition

Date: July 29, 2014 Time: 10:00 am – 11:30 am

Location: Columbus Public Health  
Meeting Room 119C  
240 Parsons Ave.  
Columbus, Ohio 43215

**Facilitators:** Cheryl Graffagnino, Columbus Public Health  
Carol Smathers, The Ohio State University Extension

### **Attendees:**

Arielle Lippman (CPH-HCHW), Megan Ramsden (CCS), Carol Smathers (OSU Extension), Carolyn Bernard (CCS), Jenny Lobb (OSU Extension) Cheryl Graffagnino (CPH-HCHW), Michael Bramlish (NCH), Shalini Madireddy (CPH), Bob Holomuzk (CPH), Jennifer Bynum (CPH-HCHW), Amber Jones (CPH-CHC), Katy Keogh (Kroger), Kate Whitman (MCHS), Mark Miller (FPC&BC), Ashley Russell (COSI)

### ***Meeting at-a-glance:***

- General Program Updates
- September and October Workshops on Water and Physical Activity Policy
- Physical Activity Break
- Breastfeeding Key Message Unveiling
- Ring of Fun

### ***Meeting Outcomes and Action Steps Identified:***

- Continue promoting both WFFT and An Hour a Day to Play
  - Like the GHKC page: <https://www.facebook.com/GrowingHealthyKidsColumbus>

### ***Announcements***

### ***Next Steps:***

- Next meeting: **August 26<sup>th</sup>, 2014 10:00am -11:30am** at Columbus Public Health, Room 119C.

**Agenda Item 1: Program Updates**

<i>Partner/Organization</i>	<i>Supporting Breastfeeding</i>	<i>Supporting Physical Activity</i>	<i>Supporting Healthy Eating</i>	<i>Increasing Screening and Referral</i>	<i>Other</i>
Jennifer Bynum (CPH-HCHW)			- HCHW Ring of Fun updates with ELC		
Carolyn Bernard (CCS)			- CCS free lunch and breakfast for all students, including Pre-K - Continues to work on fruit and vegetables added to snack and water (versus grain/milk)	- CCS Developing Health Care Kids	- Presenting to NAACP on “Health is Academic” using GHKC
Bob Holomuzk (CPH-PHN)				- Strategic Nursing and Neighborhood Health → Chronic Disease management curriculum	
Shalini Madireddy (CPH)				- HAC’s are planning “Let’s Move” event on 9/21	
Mark Miller (FPC&BC)		- FPC Summer camps include physical activity	- FPC Summer Camp Nutrition	- FPC hosted American Horticulture Society meeting whose sessions are related to physical activity,	- FPC Outreach by helping plan the John Maloney Event, Kroger Cooking



				nutrition, and early childhood	classes as well
Michael Bramlish (NCH)				- NWC+HCHW to utilize key messages in primary care	
Katy Keogh (Kroger)			<ul style="list-style-type: none"> <li>- 8/21 on 441 Parsons Kroger tour available from 10am-3pm</li> <li>- Grant with Bowling Green to run more tours in fall with Dietetic interns</li> <li>- Next brochure on healthy lunches included some CPH-HCHW messages</li> <li>- Kroger including tasting events in multiple stores, including lower income stores</li> </ul>		
Kate Whitman (MCHS)			- Mt. Carmel Resource Center host Local Matters		
Amber Jones (CPH-CHC)		<ul style="list-style-type: none"> <li>- Included Physical Activity Boot Camp at Camp Public Health</li> <li>- Distributed water bottles</li> </ul>			
Jenny Lobb (OSU Extension)			<ul style="list-style-type: none"> <li>- Camp Public Health: Lesson on Water First for Thirst</li> <li>- Hosted an activity where campers were able to make healthy</li> </ul>		



			snacks		
Carol Smathers (OSU Extension)				- Healthy Eating at Meetings tools for PSEC training	
Ashley Russell (COSI)		Trained all summer camp counselors on physical activity tools	<ul style="list-style-type: none"> <li>- Built new teaching garden</li> <li>- Planning “tasty” science day food and nutrition focus</li> <li>- Double up Bucks – Veggie SAPS for SNAP</li> </ul>		
Megan Ramsden (CPH-HCHW)	- Unveiled Breastfeeding key message “Breastfeeding Welcome Here”				
Cheryl Graffagnino (CPH-HCHW)				<ul style="list-style-type: none"> <li>- John Maloney Healthy Event with Children’s Hunger Alliance to celebrate Nationally Qualified Healthcare Centers</li> <li>- Looks to identify those that qualify for Medicaid expansion</li> </ul>	

## **Agenda Item 2: September and October Workshops on Water and Physical Activity Policy – Cheryl Graffagnino and Carol Smathers**

These two consecutive monthly workshops with focus on “Water First for Thirst” and “An Hour a Day for Play.” Survey found that interest exists in receiving more resources and educational materials to support these specific initiative efforts, recommendations for environmental change, and technical assistance.

- | Interest  | Plan | Expectations | Input |
|---|------|--------------|-------|
| <ul style="list-style-type: none"> <li>To brainstorm and expand education and resources utilizing the September and October Coalition meetings which will be lengthened by an hour—with food will provided.</li> <li>Workshop plans are still in development.               <ul style="list-style-type: none"> <li>September focus – to expand sample resources and materials                   <ul style="list-style-type: none"> <li>Brainstormed how to use them</li> <li>Materials will be provided to take home</li> <li>How policy and environment change affects our goals and outcomes</li> </ul> </li> <li>October focus – Theory Diffusion of Innovation                   <ul style="list-style-type: none"> <li>How to get groups to address change</li> <li>Brainstorm on barriers to overcome</li> </ul> </li> </ul> </li> <li>Agenda, formal invitation to organizations will be sent out. Can be coalition members and additional members from their organizations.</li> <li>On-site technical assistance will be provided for those that will implement educational resources.</li> <li>To determine whether the environment support the message and vice versa.</li> <li>Brainstorming and interaction to maximize critical lens evaluation of resources.</li> <li>Homework between September and October workshops               <ul style="list-style-type: none"> <li>Each organization will put educational materials to use</li> <li>Brainstorm one policy choice—at least—that can be implemented for change</li> </ul> </li> </ul> |      |              |       |

## **Agenda Item 3: Breastfeeding Key Message Unveiling - Megan**

Megan presented the final version of the handout for Key Message #13 – “Breastfeeding Welcome Here”

- 8<sup>1/2</sup> x 11 Breastfeeding Welcome Here handout
- Handout included:
  - Benefits for baby and mom
  - Impact of community in supporting mothers’ decision to breastfeed
  - Removal of stigma surrounding a mother’s choice to breastfeed
  - Designated private area for breastfeeding
  - Encourage breastfeeding mothers to join our breastfeeding support group
- Resources and support provided for those that are and would benefit from additional resources.
- Childcare centered focused promotional kit is in the process of being created by The Office of Communications.
  - Handout will be distributed to childcare centers.
- Childcare Center Pledge for Breastfeeding Mothers, which modeled after the Ohio Hospital Association and Business Case for Breastfeeding.



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**Agenda Item 4: Ring of Fun – Jennifer Bynum**

Incorporate early development learning standards into the Ring of Fun which highlights creative classroom ideas for physical activities, nutritious snacks and family engagement.

- Ring of Fun – completed and updated to incorporate coded Early Development Learning Standards
  - Guide for teachers to use for each Ring of Fun
  - Currently on website on tools and resources page
  - Updated version changed minimally in regard to format
  - Schoolage Ring of Fun also includes Common Core Standards
- Five domains of the Early Development Learning Standards were given a symbol and coded
- Feedback from teachers included the appreciation of the incorporation of early learning development standards.
- Reference pages for teachers were updated to include the standards met by each activity
- Resources are available online now
- Hard copies are in the process of being produced